



## Warm Up: Full Body!

### Mobility

- “The Stretch”
- Low Bench Ankle/Hip
- PVC Elbow/Shoulder/Wrist
- PVC Torso Rotation

### Foam Rolling

- Quads & Hip flexors
- Calves, Hamstrings, & Glutes

### Dynamic

- High Knees x30(ttl)
- Butt Kicks x30(ttl)
- Jumping Jacks x30
- Leg Swings x10(ea)



## E4MOM: 4 Rounds(ea)

### Group A - Rest @ 3:30(If Applicable)

- 6 or 8 Db Cleans(35/50#)
- 60/30 Singles/DU
- 4 or 6 Db Clean to OH
- 60/30 Singles/DU
- 2 or 4 Db Squat Clean to Thruster
- 60/30 Singles/DU

### Group B

- 200-600m Run



## EMOM: 8 Mins

- 10-20 K to B

Or

- 8-10 Rollouts

Or

- :30-:40 Plank



March 1st

Audio

